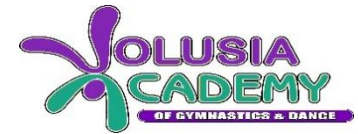


565 S. Lakeview Dr. Unit 101
 we
 Lake Helen, FL 32744
 Class.
volusiaacademy@gmail.com

Create an account on our website so
 we
 can schedule your child a free trial
 class.
www.volusiagymnastics.com

386-228-0917



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3:35-4:30 Rising Stars (5-7 yr olds)	3:35-4:30 Shining Stars (7&up)	3:35-4:30 Boys Class (6-10yr olds)	3:35-4:30 Shining Stars (7&up) 3:35-4:30 Rising Starts (5-7yrols)	5:00-7:00 Pre-Team Conditioning (7 yrs and up)
3:30-5:00 Competitive Level 1	3:30-5:00 Competitive Level 1	3:30-5:00 Pre-Team (4-7yr olds) 4:35-5:30 Tumbling Progressions	4:35-5:30 Rising Stars (5-7yr olds)	3:30-5:00 Pre-Team Conditioning (4-7 y/o)
4:35-5:30 Tumbling Progression I (6-11yrs old)	4:30-7:00 Competitive Level 2	4:00-7:30 Competitive Level 3	3:30-5:00 Competitive Level 1	4:00-7:30 Competitive Level 3
4:35-5:30 Rising Stars (5-7yr olds)	4:35-5:30 Advance (Invite Only)	4:35-5:30 Advance (Invite Only)	4:35-5:30 Advance (invite only)	4:30-7:30 Competitive Level 2
4:30-7:30 Competitive Level 3	4:30-7:30 Xcel Gold Team 4:30-7:00 Xcel Bronze Team	5:00-7:00 Pre-Team (7yrs and up)	4:30-7:00 Competitive Level 2	6:00-8:00 Open Gym (\$10) Great way to work on newly learned skills and have fun at the same time
4:30-7:00 Xcel Bronze Team 4:30-7:30 Xcel Gold Team	5:35-6:30 Tiny Rockets (3-4 yr olds)	4:30-7:30 Xcel Gold Team	4:30-7:30 Xcel Gold Team 4:30-7:00 Xcel Bronze	Class Descriptions: Tiny Rockets: Children will learn the basics of all the gymnastics events including vault, bars, beam and floor with lots of obstacle fun. They will also learn to stand in line, take turns, and play together.
5:35-6:30 Tiny Rockets (3-4yr olds)	5:35-6:30 Shining Stars (7&up)	5:35-6:30 Rising Stars (5-7yr olds)	5:35-6:30 Tiny Rockets (3-4yr olds) 5:35-6:30 Shining Stars (7 & up)	Rising Stars: Children will learn how to follow directions in a fun and structured environment. They will be introduced to more gymnastics basics and exciting fundamental skills on the vault, bars, beam and floor.
5:35-6:30 Shining Stars (7 & up) 5:35-6:30 Advance (Invite only)	6:35-7:30 Rising Stars (5-7yrs old)	5:35-6:30 Shining Stars (7&up)	6:35-7:30 Shining Stars (7&up)	Shining Stars: Students will be taught the understanding of the basics on the gymnastics events including vault, bars, beam, floor and will be introduced to or continue to build their basic gymnastics skills. They will learn, handstands, cartwheels, round offs, walkovers and much more.
6:35-7:30 Shining Stars (7 & up) 6:35-7:30 New Cheer Tumbling	6:35-7:30 Shining Stars (7 & up)	6:35-7:30 Shining Stars (7&up) 6:35-7:30 Tumbling (8 yrs & Up) Intermediate		Tumbling progressions: This class is designed for students only interested in tumbling. This is a great class for students that need to prepare for cheer try-outs or just want to focus on tumbling skills. Advance: This class is by invitation only to athletes who are above level but do not want to compete or are not ready for the next level.
				Pre-competitive: This class is by invitation only to athletes who show ability to be asked to the Competitive team. Competitive: This is a challenging program for students that want to train at a competitive level. Our competitive team competes with the USA Gymnastics organization from level 1-10.